

## Fair Swim Center

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Bus Lines: 62 and 37

Types of Programs: Rentals, swim lessons, recreation swim, lifeguard training and water safety classes.

## SPORTS AND FITNESS

### Arthritis Water Exercise \$60

In this Arthritis Foundation Aquatic Program, the participants are led by an instructor trained by the Arthritis Foundation, Northern CA Chapter through a series of specially designed exercises to help improve joint flexibility and muscle strength.

Course#	Day	Date	Time	Age	Mtg.	Loc.*
402.3.512	T/Th	3/16-5/20	6-6:45pm	18+		FA

### Community Water Safety \$45

Community Water Safety teaches easy-to-remember safety tips for pools, spas, waterparks, lakes, rivers, oceans, and many other popular aquatic environments. Learn how to identify and avoid aquatic hazards and how to prevent water-related accidents. Learn simple emergency response skills you can do without entering the water, and basic first aid skills to provide care until help arrives. Optional in-water training is also available.

*Instructor: Staff*

Course#	Day	Date	Time	Age	Mtg.	Loc.
402.3.505	W	1/28	5-9pm	8+	4	FA
402.3.506	W	2/26	5-9pm	8+	4	FA
402.3.507	Th	3/25	5-9pm	8+	4	FA

### Lifeguard Training Prep \$40

This course is to prepare participants for the lifeguard training program. In this course the participant will work on their endurance, technique, and skill in a water environment. This course will help participants prepare for a lifeguard training program and decide if the lifeguard training course is something for them.

*\*Completion of this course does not guarantee successful completion in the lifeguard training program.*

Course#	Day	Date	Time	Age	Mtg.	Loc.
402.3.508	M-Th	1/12-1/15	4-5pm	15+	4	FA
402.3.509	M-Th	3/1-3/4	4-5pm	15+	4	FA

### *Strong Neighborhood Initiative Mission:*

*To build clean, safe and attractive neighborhoods with strong, independent and capable neighborhood organizations.*

### Lifeguard Training \$160

Includes First Aid and CPR for the Professional Rescuer-This class is designed to prepare individuals to recognize aquatic emergencies, act promptly and appropriately, perform rescues and techniques used by lifeguards, and perform first aid and CPR. **Prerequisites:** 15 years old, swim 500 yards continuously, and retrieve an object from 7 feet. Attendance is mandatory for certification. Fee includes class materials. Bring ID, swimsuit and towel to class.

*Instructor: Staff*

Course#	Day	Date	Time	Age	Mtg.	Loc.
402.3.501	T/Th/Sa	1/20-1/31	5-9pm T/Th 8:30-5:30 S	15+	6	FA
402.3.502	T/Th/Sa	3/9-3/20	5-9pm T/Th 8:30-5:30 S	15+	6	FA

### Water Safety Instructor \$175

Fundamentals of Instructor Training: This class is designed to teach participants the skills of a successful swimming instructor. Participants will learn how to evaluate students' progress, plan effective lesson plans, and make accommodations for students with disabilities. **Prerequisites:** 17 years old, successful completion of pre-course test. Fee includes class materials. Bring ID, swimsuit and towel to class.

*Instructor: Staff*

Course#	Day	Date	Time	Age	Mtg.	Loc.
402.3.504	M/W/Sa	2/9-2/28	5-9pm M/W 9-5pm Sa	17+	9	FA

### Water Aerobics \$70 M/W / \$105 M/W/F

Aerobics in the water offers all the benefits of land aerobics while cushioning the body from impact and providing resistance during all movement. Classes can be adapted to meet the needs of most individuals.

Course#	Day	Date	Time	Age	Mtg.	Loc.*
402.3.510	M/W/F	3/15-5/21	9-9:45am	18+		FA
402.3.511	M/W	3/15-5/19	6-6:45pm	18+		FA

### Lap Swim Drop In

Lap swim is a program designed for adults to come and use the pool to work out. Lap swimming provides a great aerobic work out that can be done at the participant's own pace. Lap swim is a program for participants age 18 and older. Kickboards are available to be used by participants all other equipment needs to be provided by the participant.

**Program begins January 5, 2004**

#### Lap Swim Hours

Monday- Friday  
5:30-7:30pm  
Saturdays 9-11:30am

#### Prices

##### One Time Drop-In:

Adults \$3.00

Seniors/Youths/Disabled \$2.00

##### 10 Visit Pass:

Adults \$18.00

Seniors/Youths/Disabled \$15.00